In this series:

The Little Enema Book
(Everything you need to know about enemas for those beginning the Gerson Therapy)

The Little Juicing Book
(All about juicers for those beginning the Gerson Therapy)

The Little Water Distiller Book
(Information on distillers for those beginning the Gerson Therapy)

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Compiled by Sylvia Zierenski for the Gerson™ Support Group
1996

The Little Enema Book

For those on the Gerson™ Therapy

Disclaimer

This *Little Enema Book* is written for the Gerson patient, who is following the Gerson Therapy. These enemas are safe when used within the context of the combined Gerson regime. An alternative practitioner may wish to advise his/her clients to use the occasional coffee enema, but always making sure that their clients are drinking enough fluid so that an electrolyte imbalance does not occur. Generally *at least* three juices should be taken for every coffee enema.

STOP!!

Have you had chemotherapy?

Before beginning this book
please read page 26

Do you have ulcerative colitis?

If so, NO coffee enemas,
only chamomile enemas to be taken

Colostomy patients -

Only two coffee enemas per day with less volume
(only 20 - 24 fluid oz) mixed with chamomile

Do you have diarrhoea?

If so, NO coffee enemas, only chamomile ones.

Are you doing a modified therapy?

Two to three coffee enemas a day only required.

American Measures

All measures in this book are British.
See page 32 for conversion to American.

enema

en'imə, noun a fluid injected into the rectum; the process of injecting such a fluid;
plural en'emas or ene'mata.

Greek enema, -atos, from enienai to send in, from en in, and hienai to send

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"It is difficult to describe the incredulous facial expressions which ripple across a medical school lecture audience as the topic of coffee enemas is introduced. Embarrassed sniggering is heard from several seats in the hall.

A wise guy heckles, "How do you take it?" Charlotte Gerson doesn't miss a beat, answering "Black - without cream and sugar."

Laughter relaxes the entire room and Charlotte goes on to explain this aspect of her famous father's (Max Gerson, M.D.) treatment.

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Origins of the Coffee Enema

During World War I, Germany was blockaded by the Allies, and towards the end of the war the country experienced many shortages, including, for instance, a lack of pain-killers and especially morphine. The surgeons had a very difficult time at the front when trainloads of injured soldiers arrived who needed surgery and patching up. The surgeons only had enough morphine to help their patients through the surgery but had nothing to give them against post-operative pain. Many of these soldiers were prescribed water enemas for constipation.

However, there was one thing that was always on hand, and that was coffee for the surgeons and doctors who often had to work around the clock for 24-36 hours and could only keep awake by drinking coffee. Sometimes there was coffee left over in the pot, and the nurses, desperate to help the patients with their pain after surgery, decided to use the coffee for the enemas that they were being given anyway. They reasoned, "Since the coffee is doing the doctors good, perhaps it will help the patients, too." And, indeed, the patients reported that they were getting pain relief from the coffee enemas.

After the war, intrigued by the nurses' experience, two German professors investigated the effects of introducing caffeine into the rectum of laboratory animals. They found that the caffeine entered the liver via the portal system and caused an increased flow of bile. This bile, in turn, allowed accumulated poisons and toxins to be released and evacuated from the body.

Years later, realizing the importance of detoxification, Dr Gerson incorporated coffee enemas in his therapy.

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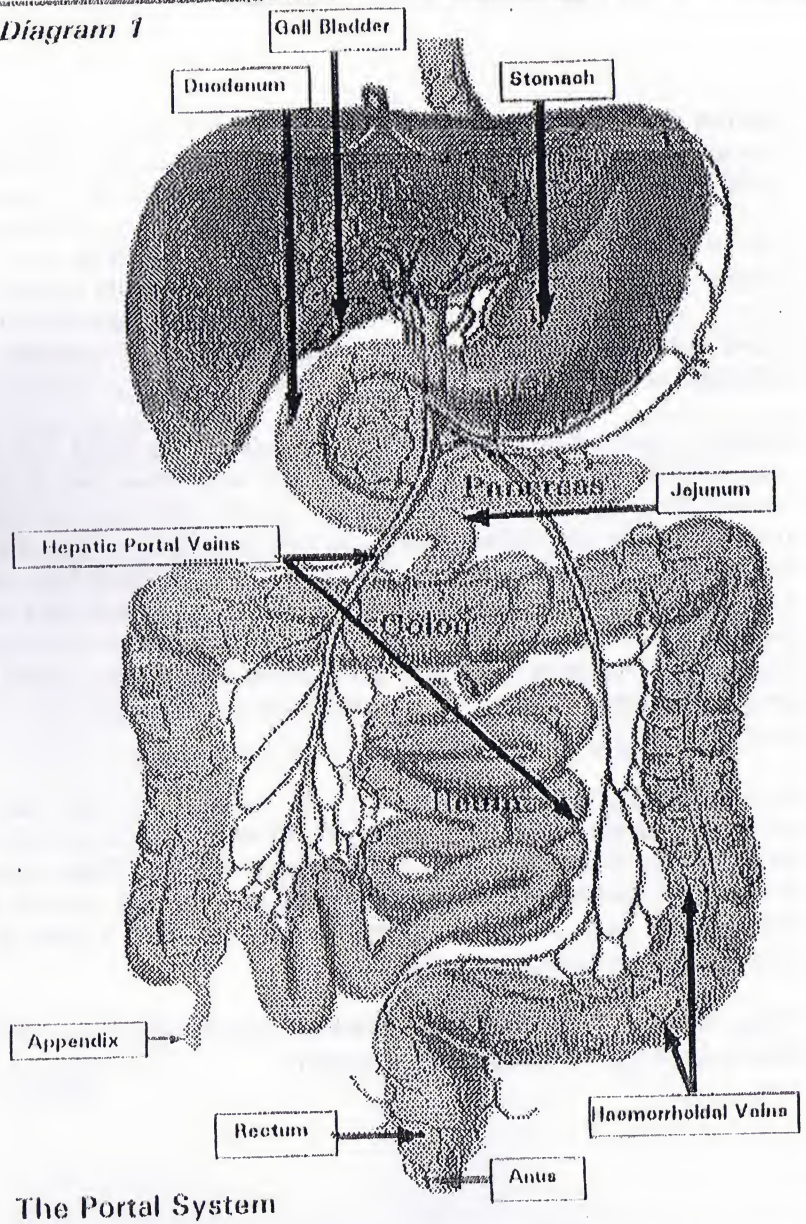
Diagram 1



The Portal System

The Rectum is only about 120mm long and runs directly to the *anal canal*. The latter is guarded by an *internal sphincter* of smooth muscle and an *external sphincter* of striated muscle.

Why Take a Coffee Enema?

At the beginning of the therapy especially, detoxification of the body is of the utmost importance. It is absolutely necessary to administer frequent enemas, day and night. Patients with more advanced cancer are severely intoxicated and the absorption of the tumour masses intoxicates them even more. In the beginning, Dr Gerson lost several of his patients by coma hepaticum[1], since he didn't know at that time, and therefore neglected, the vital importance of frequent and continued elimination of poisonous substances from the body, with the help of juices and enemas. As Max Gerson has said, "A patient is unlikely to die from cancer, but from the toxins accumulated in the body."

Another reason for taking coffee enemas is that experience has proved that frequent enemas largely eliminate the need for sedation. Coffee enemas can help reduce severe pain, nausea, general nervous tension and depression. They also help against spasms, precordial[2] pain and other difficulties. However, after much heavy pain medication, coffee enemas don't work immediately and they don't control the pain at once. Therefore the pain medication should continue to be used. In most cases it can soon be reduced as pain levels decrease.

Some Questions Often Asked

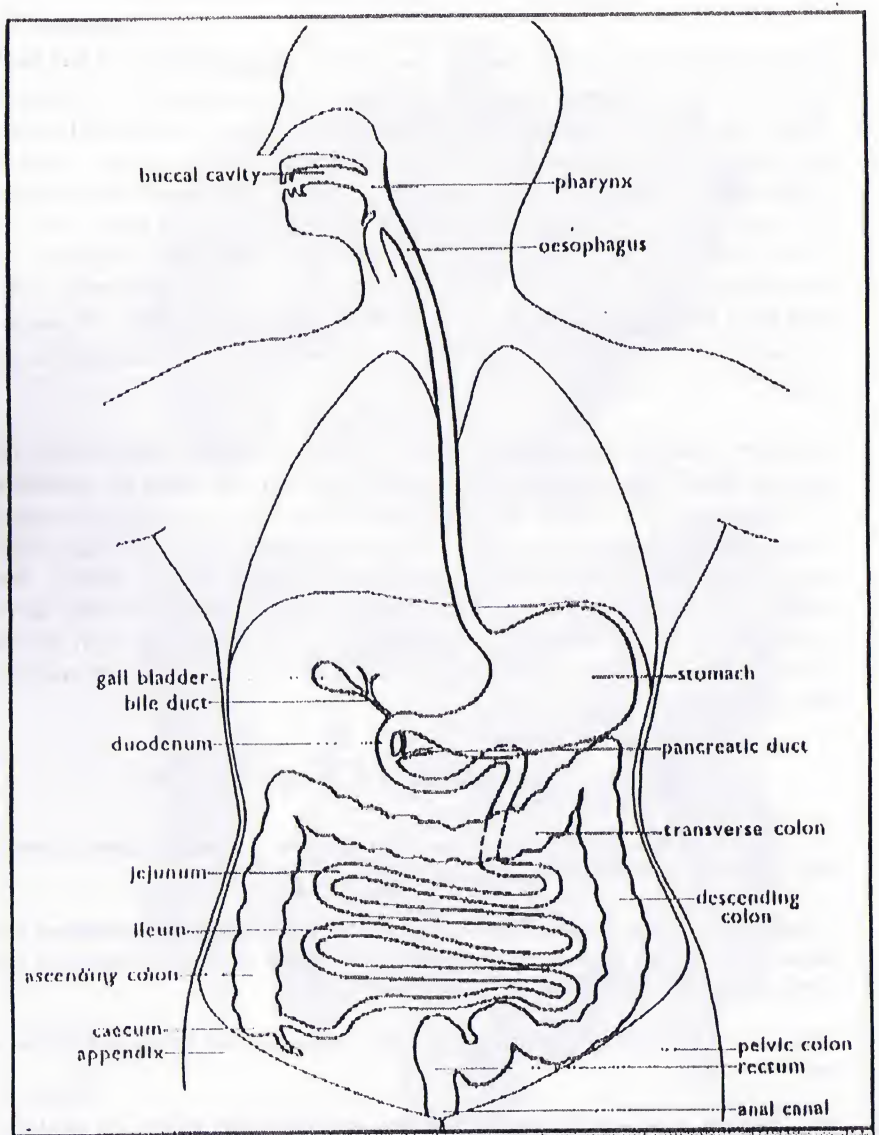
"If coffee is so beneficial, why can't one simply drink it instead of going through the rigmarole of having an enema?"

Coffee taken orally goes through the stomach, causes digestive problems and affects the liver by shutting off the bile ducts. It also raises blood pressure and tends to cause capillary spasms in the extremities.

"Won't the normal evacuation process be stopped if one takes five or more enemas a day?"

No. Normal stools can be passed between enemas. Remember, the contents of the enema don't travel very far in the colon, and with the healthy fibre-rich food of the Gerson Therapy, normal elimination continues smoothly. At the end of the therapy, normal elimination returns without enemas.

Diagram 2



THE SMALL INTESTINE

The small intestine is about 7m long. The first 240-290 mm is *duodenum*, the rest is *jejunum* (about 2.5m) and *ileum* (about 4.2m). The duodenum lies against the back wall of the abdomen, curving round the pancreas, but the jejunum and ileum are suspended by mesentery (*membranes round the abdomial viscera*) The bile duct and *pancreatic duct* open into the duodenum together.

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About the Coffee Enema

Patients have to know that the coffee enemas are not given to improve elimination but to stimulate the liver to release toxins. The caffeine in the enema is absorbed through the haemorrhoidal veins, *(see Diagram 1)* which are part of the rectal plexus of veins. Patients are recommended to take their enemas while lying on their right side, as there is better absorption into the haemorrhoidal veins on this side. From the haemorrhoidal veins the caffeine is then absorbed up into the portal system which carries the blood supply to the liver and to the gall bladder. *(see Diagram 1 and Diagram 2.)*

There are effects on both the liver and gall bladder brought about by the irritant nature of the caffeine. These effects can sometimes cause the following symptoms:

As the gall bladder is irritated, it begins to undergo spasms as it attempts to get rid of this irritant. It begins to flush bile down through the bile duct to the outlet of the bile system where it empties into the duodenal loop of the small intestine. *(See Diagram 2 and Diagram 3.)* The caffeine causes a dilation of an opening of the sphyncter at this location, allowing a much greater production of bile to be flushed from the body. This can sometimes cause spasms at the start of the therapy, because of irritation on the walls and the nerves of the intestinal tract. Also, as the bile is going through the intestinal tract, it can cause flatulence and gas. However, all this is a positive sign that the gall bladder is beginning to work. Many people with chronic diseases have a gall bladder which is not functioning adequately.

Not all of the bile goes down the intestinal tract, however. On occasion, some of the bile backs up into the stomach, where it comes to rest, causing some irritation. This can especially happen during a healing reaction or 'flare-up' when a lack of appetite, nausea and sometimes vomiting can be experienced. Should this happen, copious amounts of peppermint tea should be drunk, every 15 - 20 minutes, to flush the bile out of the stomach, and gruel should be used in all the juices, which will help soothe the lining of the intestinal tract.

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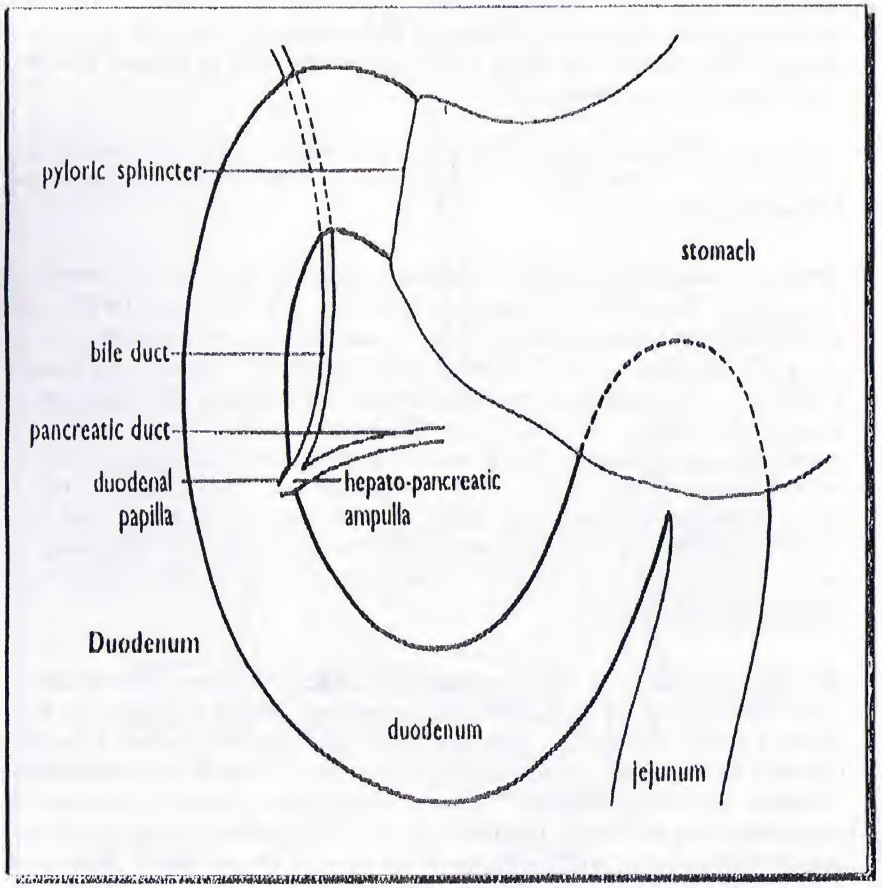
Diagram 3



What Does the Coffee Enema Do?

The coffee enema is, without question, the most unusual part of the Gerson combined regime, and often evokes astonishment and mirth in persons who have never experienced an enema and who emphatically prefer to *drink* their coffee. From the patient's point of view, the coffee enema means relief from depression, confusion, general nervous tension, many allergy-related symptoms and, most importantly, relief from severe pain.

The coffee enema has a very specific purpose: lowering serum toxins. Coffee enemas have a definite effect on the colon which can be observed with an endoscope[3]. The palmitic acid[4] found in coffee promotes the activity of glutathione S-transferase[5] and other ligands[6] many times above the norm. It is this enzyme group that is responsible primarily for the conjugation[7] of free electrophile radicals[8] which the gall bladder will then release.

Enzyme systems in the liver and small bowel are responsible for the conversion and neutralization of the most common tissue toxins, poly-amines, ammonia, toxin-bound nitrogen, and electrophiles, all of which can cause cell and membrane damage.

Such protective liver and gut enzyme systems are probably enhanced a lot by coffee enemas. Caffeine enemas cause dilation of the bile ducts, which facilitates excretion of toxic cancer breakdown products by the liver and dialysis of toxic products from blood across the colonic wall.

In the late 1970's and early 1980's, researchers identified salts of palmitic acids (kahweol and cafestol palmitate) in coffee as potent enhancers of glutathione S-transferase, a major detoxification system that catalyzes[9] the binding of a vast variety of electrophiles from the blood stream to the sulphhydryl[10] group of glutathione. Because the reactive ultimate carcinogenic forms of chemicals are electrophiles, the glutathione S-transferase system must be regarded as an important mechanism for carcinogen detoxification.

The introduction of 32 fluid oz of coffee solution into the colon will dilute portal blood and subsequently, the bile. Theophylline and theobromine, major constituents of coffee, dilate blood vessels and counter inflammation of the gut. The palmitates of coffee enhance glutathione S-transferase which is responsible for the removal of many toxic radicals from serum. Finally, the fluid of the enema itself stimulates the visceral nervous system[11], promoting peristalsis and the transit of diluted toxic bile from the duodenum out of the rectum. Because the stimulating enema is retained for 15 minutes, and because all the blood in the body passes through the liver nearly every three minutes, these enemas represent a form of dialysis of the blood across the gut wall.

As a medication, the coffee enema is in a class by itself. While other agents

classed as choleretics[12] do increase bile flow from the liver, they do little to enhance detoxifying enzyme systems, and they do not ensure the passage of bile from the intestines out of the rectum. Bile is normally reabsorbed up to nine or ten times before working its way out of the intestines in faeces. The enzyme enhancing ability of the coffee enema is unique among choleretics. Because it does not allow reabsorption of toxic bile by the liver across the gut wall, it is an entirely effective means of detoxifying the blood serum through existing enzyme systems in the liver and small bowel. Because clinical practice has shown coffee enemas to be well tolerated by patients when used as frequently as every four hours, the coffee enema may be classed as the only non-reabsorbed, effective, repeatable choleretic in the medical literature.

These enemas are safe *when used within the context of the combined Gerson regime*. It is apparent that Dr Gerson's intention in supplying a sodium restricted, high potassium, high micro-nutrient dietary of fruits, vegetables, with some grains, such as oats and rice, was to supply all nutrients, known and unknown, which are necessary for cell respiration and energy production. High potassium, low sodium environments tend to return cell macro-molecules to normal configuration states and to improve water structuring and water content. The addition by Dr Gerson of supplemental salts of potassium (acetate, gluconate, and phosphate monobasic) to the diet in which malate[13] is supplied by frequent use of apples, probably greatly improves the efficiency of the Krebs cycle[14] in mitochondrial energy production. Protein restriction, employed by Dr Gerson as a temporary aspect of treatment, has been observed empirically since before the turn of the century to aid in the reduction of cellular oedema. Administration of high-loading dosages of thyroid and Lugol's solution (iodine and potassium iodide in dilute solution) probably result in multiplication of mitochondria[15], which have their own DNA and RNA and replicate independently of the cell. Additionally, thyroid is known to enhance cell oxidation of sugars and therefore adenosine triphosphate (ATP)[16] production. In this way cell energy production is probably markedly increased.

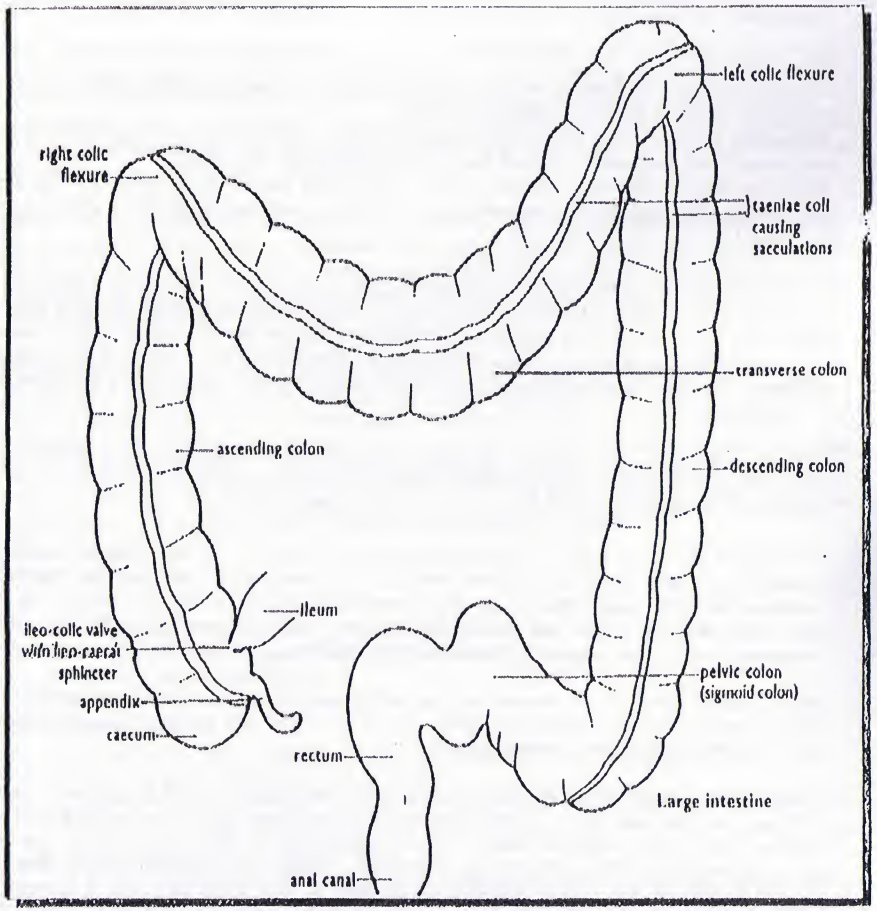
Through these mechanisms, the therapy of Dr Max Gerson appears to:

a) reduce serum toxins to eliminate chronic challenge to damaged normal cells;
b) improve cell potassium ion[17] content;
c) reduce cell sodium content;
d) reduce cell swelling through improved water structuring;
e) increase cell mitochondria count and activity; and
f) supply micro-nutrients necessary for cell energy production and repair.

The contribution of low serum toxin levels by regular administration of coffee enemas is basic to increased cell energy production, enhanced tissue integrity, improved circulation, improved immunity, and improved tissue repair and regeneration which have been observed clinically to result from the administration of the combined regime of Dr Gerson.

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Diagram 4



THE LARGE INTESTINE

The large intestine averages 1.6m in length and is formed of the *caecum* with the *appendix*, the *colon* and the *rectum*. It is coiled around the small intestine. Only the transverse colon and a small part of the pelvic colon hang freely suspended by mesentery *(membrane round the abdominal viscera)*, the rest is more closely attached to the abdominal wall. The rectum passes through the pelvis.

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How Many Should I Have?

Enemas should be taken every four hours (day and night at the beginning of the therapy), and even more frequently against severe pain, nausea, general nervous tension and depression, as indicated by the Gerson doctor.

Exceptions:
Those who have had chemotherapy should only take three enemas a day, and more frequently during a flare-up. (Read page 26)
Colostomy patients, only two coffee irrigations a day with less volume (only 20 - 24 fluid oz), mixed with chamomile tea (see page 25 for chamomile tea recipe).
Those on the less intensive Gerson Therapy should take two or three coffee enemas daily, after meals. (A further coffee enema should be taken immediately if in pain or discomfort of any kind.)

It's usually recommended that the enemas be taken at 6 am, 10 am, 2 pm, 6 pm and 10 pm. During the first two to three days, patients sometimes have difficulty going to sleep at night, and in this case it's recommended that the last enema, at ten o'clock at night, should be a chamomile tea enema, in place of the coffee. This is only if the patient is sensitive to caffeine. In a few days, coffee can slowly be added to the chamomile and soon increased to the full amount.

Difficult as this may be to believe, experience has proved that frequent enemas can eliminate the need for sedation. Some patients take enemas every two hours, or even more frequently, during the first days of the treatment or during flare-ups.

At the first sign of a healing reaction (flare-up) the frequency of the enemas should be increased, certainly to one every three hours, and in many cases, with patients who have problems with pain especially, to one every two hours. But not if bile is vomited. In that case, take alternate coffee and chamomile enemas. *(See recipe on page 25 for making chamomile tea enema.) Increase enemas only if patient consumes 8 - 10 juices!*

After you have been on the programme for a while, you will not really need to be told how many enemas to take, because your body will tell you. You will feel toxic and immediately know that it's time to take another enema.

One word of caution: if the patient is in a strong healing reaction and is vomiting, maybe having some diarrhoea and not able to get much of their juices down, so their oral intake is lessened, then taking large amounts of coffee enemas could, after a period of one or two days, cause dehydration or electrolyte imbalance. Electrolyte imbalance means that the potassium chloride and sodium chloride composition of your blood gets out of balance. In such a case you should not do the enemas any more frequently than every three hours. The general rule is, that if you can get half of your juices down and you're drinking a good amount of tea, you are allowed to take enemas every three hours.

Keep a Balance

Apart from taking so many enemas at the beginning of the therapy, when the toxin level has been reduced somewhat, a balance should be kept between coffee enemas and juices taken. Generally, at least three juices should be taken for every coffee enema. This will ensure that the electrolyte balance in the body is correct.

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Preparing To Take An Enema

Depending on what you find most comfortable, enemas can be taken lying on the floor with padding and a waterproof cover, or on an enema couch. This should be a comfortable height from the floor (18 - 24 inches), plastic covered or washable. An inexpensive folding camp bed with its own mattress serves the purpose well.

Do whatever you feel you need to do to be comfortable. Some people use plastic-covered exercise mats and cover them with a towel. Others use an extra square of carpet and lay a towel on top, with a sheet of plastic, then another smaller towel. An old blanket makes a good base. A thick towel folded in half, with a sheet of plastic on top and another thick towel on top of this, which can be frequently washed, is adequate. Be sure you are covered and warm.

Aim to make enema time as pleasant as possible. A colourfully printed piece of plastic mat bought from Mothercare or Boots baby section (for use under high chairs to catch any food dropped on the floor) could be used. It's nice and large - useful for those days when things just don't go right! A thick pillow is a must. It can be doubled over, to raise your head more - useful when reading.

Enema buckets can be hung from an improvised stand, or can be stood on a stool, for instance. You can invent things for yourself using hooks, 'G' clamps, 'S' hooks, whatever. Do what's suitable for you. The Gerson enema bucket is very sturdy and rigid and can be stood on a surface quite easily. However, travelling enema bags can be used, if this is easier. Some people insert the plastic hose itself into the rectum, others use a red catheter tube (essential for those with haemorrhoids), while others use something called a 'portia' tube which is quite large and rigid.

Equipment

- A pillow for your head.
- A clock to check on the 12-15 minutes time lapse.
- Kitchen roll or thick tissues.
- Vaseline (this is not absorbed by the body).
- Enema bucket.
- Red catheter tube (optional - useful for those with haemorrhoids, etc.)
- A small rug or blanket to keep you warm.
- A stool or chair on which to stand the enema bucket (16-20 inches high - NO MORE, if you're lying on the floor. If you're on a couch, then 16-20 inches above the top of the couch - NO MORE.)
- A kettle. The enema mixture can be made up in the kitchen and carried to the bathroom. Depending on the layout of your home, you may find it convenient to have an electric kettle or other water-heating device in, or close to, your bathroom to heat the distilled water for the enema.
- A wooden spoon or whisk or electric hand-held whisk or blender. When making up the castor oil enema, it is easier and preferable to make the mixture blend (emulsify) completely. To save effort, an electric whisk or hand-held blender, like the Braun Multipractic, is useful. Failing such devices, a wooden spoon can be used.

Right, now you're set up, how do you actually take an enema? Read on . . .

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Taking An Enema . . .

(See recipe for making coffee enema on page 24)

Into the enema bucket put ~
8 fl oz of coffee concentrate
Add a further 8 fl oz of very hot water
Bring up to 32 fl oz with cool distilled water -
to just body temperature

Eat a small piece of fruit before the first enema of the day. This is to activate the upper digestive tract and restore blood sugar levels after the night's sleep. Also, do this whenever considerable time has elapsed since the last meal, juice or snack. Nourish first - then detoxify.

The coffee solution should be at body temperature. Run a little of the solution through the tube into the toilet to get rid of air bubbles. Close the plastic tube. Place the enema bucket about 16-20 inches above you (whether lying on a couch or on the floor), NO MORE. Lubricate about two or three inches at the end of the tube, or the red enema catheter, with a little vaseline. Lie down on your right side and draw both your knees close to your abdomen. Breathe deeply.

Insert the tube about two or three inches into your rectum, but NEVER more than six inches. Open the plastic clamp and allow the fluid to run *very* slowly, to avoid cramping. Relax and breathe deeply, in order to suck the greatest amount of fluid into the colon. If you can, retain the solution for 12-15 minutes. Experiments have shown that after 10-12 minutes almost all the caffeine is absorbed from the fluid. The blood circulates through the liver about once every three minutes, therefore in 15 minutes the blood will have filtered through the liver five times.

If you have trouble retaining or taking in the full 32 fluid oz, lower the bucket. If you feel spasms, lower the bucket to the floor to allow the flow to back up a bit to relieve the pressure. After 10-20 seconds, slowly start raising the bucket toward the original level. You can also control the flow of the solution by pinching the tube with your fingers or adjusting the plastic clamp in a partially closed position. You'll quickly learn what works best for you. *(See also Enema Techniques and Further Hints on the following pages.)* If you can't take the full quart at first, expel some and take the rest.

Keep Your Equipment Clean

Don't place the tube back into the bucket until after you have thoroughly cleaned both the bucket and the tube. The bucket and the tube are very good growing grounds for bacteria. Use a biodegradable food-use detergent (for example, Ecover washing-up liquid) and rinse well. Rinse daily, or as often as needed, with 6% hydrogen peroxide. *(See addresses at the back for supplier.)*

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Enema Techniques

Intestinal Spasms and Cramping

These frequently painful symptoms are caused by strong irritation to the intestinal tract and lead to problems with the enemas. It becomes difficult to instill the full 32 fluid oz of coffee solution, and difficult to hold the enema the full 12-15 minutes. On the other hand, the enema can become trapped and cannot be released. Here are some possible remedies which have helped others:

1. ***Check the Enema Technique***

   Be sure that the tip of the enema tube is inserted only an inch or two past the anal sphincter, NEVER more than a total of six inches. Do not try to force the tube. The temperature of the enema solution must be at body temperature. Don't raise the enema bucket too high. If the flow is too rapid, it can set up counter-spasms. 16-20 inches is the correct bucket height. Even at that height, spasms can occur. If this happens, immediately lower the bucket to allow the flow to back up a few inches into the tube to relieve the pressure. After 10 to 20 seconds slowly start raising the bucket towards the original level. The flow can also be controlled by pinching the tube with your fingers, or by adjusting the plastic clamp to a partially closed position. It may take some time to get the enema completely instilled, but this is acceptable.

2. ***Heat Over the Abdomen***

   This can be applied with a *warm* hot water bottle. This has a calming effect on the irritated, hyperactive intestinal tract.

3. ***Chamomile Tea Enema***

   Use full strength and give prior to the regularly scheduled coffee enema. Retain the tea enema for about five minutes. After release, immediately start the coffee enema. In severe problems, chamomile concentrate can be added to all coffee enemas. *(See how to make a chamomile tea enema on page 25)*

An enema before a meal promotes the appetite by reducing stomach acids

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More Enema Techniques

4. ***Add Potassium Compound to the Enema***

Potassium compound solution helps relieve spasms by supplying potassium to the depleted intestinal tract. It can also help to promote bile flow when given rectally. The solution is the same as that used in the juices. The dosage is two teaspoons in each enema. Discontinue adding potassium after a few days.

5. ***Lower the Dosage***

This can be accomplished by either using less coffee concentrate in each enema, or by using only part of a prepared enema.

6. ***Second Enema Taken Immediately After the First***

When you're unable to release the enema and the abdomen is congested, a second enema may be taken straight away after the first. Potassium compound solution (see above) may be added to the second enema to promote effectiveness. Another potentially valuable aid is hydrogen peroxide* (¼ tsp of 6%) added to the second enema. *(See addresses at the back for supplier.)* Chamomile concentrate *(see page 25)* may be added to counter the irritating effects of either the peroxide or potassium taken by rectum.

CAUTION: If you run into chronic problems, please do not resort to more than two consecutive enemas. At least FOUR hours must be allowed between double enemas in most cases.

7. ***Castor Oil Enema***

This may be used in some cases if the second enema also cannot be released. Castor oil enemas are extremely pushy and should be used cautiously - ***generally only one in a 24 hour period.*** *(See pages 27, 28 for how to take a castor oil enema.)*

8. ***Hyper-sensitivity to Caffeine***

If you are hyper-sensitive to caffeine and get palpitations when taking coffee enemas, this is a sign of toxicity and will settle down after the first few weeks on the therapy.

*See page 29 for dilution.

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Further Hints

If you can't retain the coffee enema and medical tests have shown no blockage, yet the abdomen feels bloated most of the time, what do you do?

Here are some suggestions:

- Leave the tube or catheter in, with the clamp open, to allow gas to escape back into the bucket. If faeces enter the tube and bucket, tilt the bucket to one side to allow the sediment to settle and the clear liquid to flow back down the tube.
- Try using an enema of clear water or chamomile before the coffee enema, to clear gas.
- The first enema in the morning can be difficult to hold. Try using a little extra coffee concentrate and water to make up to say, 42 fl oz. Let in 8 fl oz and hold for as long as possible. Evacuate, then use the rest of the enema, which you should then be able to hold in for 12 - 15 minutes.
- The problem could be the lining of the colon, so alter the enemas, experimenting with dilution, quantity and temperature.
- Use chamomile tea with a smaller amount of coffee. For example, use 8 fl oz of coffee (not the concentrate recipe, but the recipe used at total strength) with 16 fl oz of chamomile tea and enough hot water to warm it.
- Use chamomile tea instead of distilled water in the coffee enema, and add two teaspoons of the liquid potassium compound which is normally added to the juice.
- Lower the total amount of fluid in the enema to perhaps 16 fl oz. The amount can be gradually increased to 24 fl oz and eventually to 32 fl oz.
- Take (orally) the high-dose (1,200 mg) pancreatin digestive enzyme tablets. These usually relieve bloating more effectively than charcoal. *(Charcoal tablets can be bought from any chemist shop.)* Check the stool for undigested products. Or try taking a 325mg pancreatin tablet (orally) with each juice.
- Another possibility is that it's not unusual for the intestinal tract of a cancer patient to be somewhat inflamed and feverish, running several degrees above normal body temperature, even though the patient is not running a whole body fever. In contrast, the hands and feet of a cancer patient may be as much as 20°F cooler than the trunk. Testing the temperature of a coffee enema with cool fingers may, in the extreme, result in the introduction of fluid which is as much as 15° F cooler than the colon. This chilly fluid could shock the colon, cause cramping and be impossible to retain. A logical strategy to prevent this problem is the use of a thermometer* to measure the temperature of the solution. Temperatures ranging from 99° to 103°F (approximately 37°C to 40°C) are generally well tolerated.

*A *Jessop* thermometer is ideal for this, see Page 34 for where to purchase one.

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What Do People Do? . . .

(An article by Claire James from the August 1994 Gerson Newsletter)

"Initially, I spent my time trying to find a way of holding the coffee in - sometimes with disastrous and hilarious results. I expect most Gerson people have had some experiences which ended up with spring cleaning the bathroom - or is it just me?

Once I'd worked out the technicalities I started to really get into the meditative opportunities of enema time. A whole quarter of an hour when I was forced to stop and take stock, to listen to my heart beat and watch my breath and rest inside myself quietly. I'd emerge detoxified on more than just the physical level.

As I got deeper into the therapy, which I have always approached on the psychological as well as the physical level, I started to automatically use these times to look into difficult feelings and painful memories. I didn't intend to do this consciously, it just seemed that as I cleared out the physical toxins the emotional ones stirred to be released too. At these times I often got very tearful, lying foetus-like on my rug . . .

Then I worked out what I call the 'sacred space' level of coffee time. I'd put on my favourite healing music, light incense candles, use my most beautiful rugs, towels and cushions and luxuriate in the beauty of life. Fresh flowers in candlelight . . .

Another rather different experience is having my grandchildren (aged 4 and 2) to stay. They'd insist on having Red Riding Hood read to them. After all, what a brilliant opportunity to have Nanny pinned down where they could reach her, away from scrubbing veg and the juicer. It's amazing how quickly time passes reading children's stories - I'm sure the clock speeds up during these times.

Lately I've been amusing myself learning Mongolian overtone chanting from tapes of Jill Purce. You must understand that I live alone and so the funny noises I make are for my own hilarity only. One summer morning with the windows open I did have a friend tell me that he could hear me all the way up the street and a crowd had gathered outside my flat. He joked, of course, I hope!

Another bit of fun has been an attempt to do my natural vision improvement exercises for presbyopia (old age sight!). Lying in the curled-on-the-side position is really rather limiting for this but 'tromboning' and 'palming' are both possible . . .

My latest and, up till now, quite secret innovation, is to take my coffee break during lunch time at work. I'm lucky to have a very big van which I park outside work. I've fitted curtains and made the back into a mini home with carpets and cushions, etc. I lock myself in there and emerge to dive into the loo at work. I've found these lunchtimes where I 'go home' have changed the quality of my afternoons at work, which used to be characterized by a toxic cloud and that strange head tiredness associated with it."

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Another Experience . . .

(From Cancer Winner by Jaqule Davison)

"To take an enema I put one quart of warm coffee into the enema bucket. I lie on the floor on a washable rug or blanket, on my right side with knees bent towards my chest and my head resting on my contoured beauty pillow with washable satin pillow case. It fits under my neck and is quite comfortable. . . After I am in position I insert the enema nozzle, but never more than four to six inches. High enemas are not recommended. I open the enema hose.

I relax and breathe in deeply to the count of ten, and then out to the count of ten until I feel comfortable with all of the coffee in me. It seems that with the deep breathing the coffee is carried high into the colon, thus relieving the pressure on the rectum. After the enema bucket is empty, I set the timer for fifteen minutes so I won't be clock-watching. I leave the clamp on the enema hose open and the nozzle in me so that I can release any gas that might form through the hose, without losing my enema. During the enema I read for pleasure. . .

Sometimes I had many poisons and gasses moving through me, especially in the beginning of the therapy and during the healing inflammations. It made it almost impossible to hold my enema. To solve the problem I would stand up and let the coffee go back into the bucket and when the gas pressure was released, lie back down and let the coffee flow in again. It saves coffee at a time when coffee is costly. In this way I never had any trouble holding a quart of coffee, but some people I know can hold only a pint at a time, but take one right after another, holding them fifteen minutes for each pint and then gradually working up to holding a quart."

During an Enema . . .

Many people catch up on their reading, and indeed look forward to enema time as time to themselves. Others listen to music, learn another language, learn to write left-handed, relax, do visualization exercises, listen to the radio, etc. the list is endless. When listening to music, make sure it is the right kind. It should be soothing, gentle and harmonious, helping you to relax and float through the experience. In other words, no heavy metal! Try tapes of harp, Spanish guitar, sounds of the sea of whale song instead.

To stop the 'bearing down' feeling and to keep the enema in, try . . .

singing or humming loudly; breathe quickly, or pant (as in childbirth); turn your feet in circles at the ankle in both directions; raise and lower a leg; squeeze buttocks together (keeps fluid in and lets gas out)

Most of all, RELAX, and ENJOY it!

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

How to Make a Coffee Enema

NOTE: It is very important to use DISTILLED WATER in the rectum.

To make ONE coffee enema

(Use this version at TOTAL STRENGTH: DO NOT DILUTE!)

3 tablespoons of organic ground coffee (NOT INSTANT COFFEE)
32 fluid oz distilled water

Put the water into a pot and bring to the boil.*
*(*stainless steel, glass or enamel - NEVER aluminium)*
Add the organic ground coffee (a little at a time, so it doesn't boil over).
Boil for five minutes uncovered, to drive off the oils.
Cover, lower the heat and simmer for 15 minutes.
Strain (through a fine-mesh tea strainer) and allow to cool.
Use at body temperature.
(NOTE: The coffee can be put into cold water and brought to the boil, but be careful that it doesn't boil over.)

To make FOUR coffee enemas

This is a coffee concentrate which should be diluted to the correct strength

12 rounded tablespoons of organic ground coffee
32 fluid oz distilled water

Put the water into a pot and bring to the boil.
Add the organic ground coffee (a little at a time, so it doesn't boil over).
Boil for five minutes uncovered, to drive off the oils.
Cover, lower heat and simmer for 20 minutes or more.
Allow to cool, and the grounds to settle.
Strain into a one litre (approx 2 pint) jug or jar.
Add distilled water to make up to the full amount of 32 fluid oz.
You can either mark the jar for convenience with tape, tippex or paint, indicating one cup increments, or simply measure 8 fluid oz of concentrate for each enema. Will keep in refrigerator for up to two days.
(NOTE: The coffee can be put into cold water and brought to the boil, but be careful that it doesn't boil over.)

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

The Chamomile Enema

Recipe for ONE Chamomile Enema

4 tablespoons (2 oz) of dried chamomile flowers
32 fluid oz distilled water

Bring the water to the boil
Add the chamomile flowers and boil for five minutes.
Turn down the heat and simmer for ten minutes.
Strain and use cooled to body temperature.

Recipe for FOUR Chamomile Enemas

16 tablespoons (8 oz) of dried chamomile flowers
16 fluid oz of distilled water

Bring the water to the boil.
Add the chamomile flowers and boil for five minutes.
Turn down the heat and simmer for 30 minutes in a covered saucepan.
Strain and press the flowers to extract the fluid.
If some water has boiled away, add distilled water to make 16 fluid oz.
Keep in a covered glass bottle in the refrigerator
for not longer than three days.
To use, pour 4 oz of concentrate into the enema bucket and fill with distilled water to body temperature.

NOTE: the concentrate is prepared by using one tablespoon of chamomile flowers for each ounce of water: 8 oz (16 tablespoons) of chamomile flowers boiled in 16 fluid oz of water makes four doses

About Chamomile Enemas

Chamomile enemas are useful as retention enemas, held as long as possible, to re-hydrate the patient.

Chamomile can be mixed with coffee and taken as an enema to help soothe the bowel, or taken on its own for the same purpose.

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

CAUTION -
For Those Who Have Had Chemotherapy

For people who have had chemotherapy, taking castor oil by mouth and enema should be treated ***very cautiously. NO CASTOR OIL AT ALL FOR 6 - 9 MONTHS!*** The reason is that much of the chemo originally taken is stored in the body tissues, only 40 - 45 % is immediately evacuated by the body. The dose itself may have been very small, but the drug is very potent. If castor oil is given by mouth, this can immediately release the stored chemo which will circulate in the blood causing extreme toxicity, which the liver may not be able to handle, and which could cause an overdose of the drugs used for chemotherapy.

After six to nine months, it *may* be possible to give a *very little (say 1 - 2 teaspoons)* castor oil, cautiously, by enema first and then possibly by mouth, but the Gerson doctor should always be the judge of this. Each person is different.

Apparently, people who have had a high dose of chemotherapy, often have a reaction about six months into the therapy. This isn't just a healing reaction, but a reaction to the chemotherapy as the body begins releasing it a little more intensively. This may produce the original symptoms the person had when first taking the chemotherapy.

For ex-chemotherapy patients, two or three coffee enemas a day, maximum, are allowed and ten juices. The coffee can be mixed half and half with chamomile tea to soothe the colon. Then the chamomile can be decreased gradually, leading up to a coffee enema only. Also, it's difficult to know when to increase the coffee enemas from three a day for those who have had chemotherapy. There is no hard and fast rule. It depends how toxic they are and if they're in a healing reaction. They may have problems with their intestinal tract, so must be more careful.

The other important thing to remember is that a person who has had chemotherapy must take a reduced amount of all medication. Your Gerson doctor will advise you on this.

All in all, the main thing to remember is CAUTION. When it is time to begin taking castor oil, start with *very small* doses and build up *very* gradually. For someone who has had chemotherapy, the body should be allowed to detoxify *very slowly*. It may take longer to heal, but will save an awful lot of suffering and avoid a serious problem.

The Castor Oil Enema

CAUTION:
If you have had chemotherapy, read page opposite!

At the beginning of the therapy, every other day two tablespoons of castor oil are taken by mouth, followed by a cup of black coffee, sweetened with raw brown sugar. Five hours later, a castor oil enema is administered, in place of one coffee enema, without interrupting their frequency.

Needed for Castor Oil Enema:

- Pure, unperfumed soap
- Second enema bucket just for castor oil
- One tablespoon (to measure the castor oil)
- One teaspoon (to measure the Ox-Bile)
- One tablespoon (to take castor oil orally)
- One wooden spoon (to stir solution)

At 5.30am take two tablespoons of castor oil, followed immediately by a cup of black coffee with raw brown sugar. (Following, if you wish, with a piece of juicy fruit such as peach or pear.) The coffee serves to stimulate the musculature of the stomach to empty the castor oil into the intestine, thus lessening the discomfort of the castor oil.

At about 10.30am, five hours after the castor oil by mouth, take a castor oil enema as follows :

Into the enema bucket put 8 fluid oz of coffee concentrate. Add 8 fluid oz of hot distilled water. Make a soapy solution as follows: take the bar of soap and immerse your hands with the bar of soap into the warm water and rub the bar of soap for a moment. Don't use too much soap or it will irritate and inflame the colon. Then add three to four tablespoons of castor oil plus one teaspoon of Ox-bile powder. Finally, add 16 oz of cold distilled water and stir until it becomes an emulsion. The castor oil enema *must* be stirred while it is taken, otherwise the oil floats on top of the liquid and remains in the container.

Heat the enema tube by immersing the *outside* in warm water *(to help the castor oil to flow through more easily)* and quickly lie down. Insert the tube in the rectum and open the clamp. Now take your enema, stirring the mixture gently with a wooden spoon. The castor oil enema can be retained for a short time, but this is not necessary. You will probably need to evacuate almost immediately, this is acceptable. Later on take the usual coffee enemas, but the castor oil enema will take the place of one coffee enema. To avoid stuffiness and cramping with castor oil by mouth, eat frequently.

Alternative Times to Take a Castor Oil Enema

Castor oil may be taken orally at 10.15am, 15 minutes after the juice. The castor oil enema will then be taken at 3pm. Coffee enemas are taken at the normal times.

However, some people don't tolerate castor oil well after breakfast. An alternative is to take the castor oil at 7.00am and a coffee enema at 7.05am. A small piece of soft fruit at 7.30am. Breakfast and juice at 8.00am. Until the castor oil enema at 12.00 noon, at least one small piece of soft fruit should be eaten every half hour to prevent cramping. Juices are taken at regular intervals, and a coffee enema at 11.00am

Miscellany

While lying on the floor with the enema tube inserted in the rectum, DON'T SIT UP! Be very careful not to insert the tube more than six inches. About three inches in quite suitable.

Faecal matter can get stuck in the tube, in which case keep pinching the tube until it's released.

If, after inserting the tube in the rectum, the liquid won't move in or out, move the tube in and out of the rectum slightly.

Before using an enema tube with the red catheter, make sure you cut off the end of the tube with the small hole in the side, so it doesn't leak.

After some time, the end of the enema tube, which is attached to the bucket, can become enlarged. Simply cut off this bit and reattach the tube.

Haemorrhoids

Some people develop haemorrhoids while taking the enemas. These aren't caused by the enema, but are already an underlying problem. The red catheter tube should be used in these cases. Various homoeopathic remedies can be used, such as Nelson's calendula cream or Nelson's haemorrhoidal homoeopathic cream. See your homoeopathic doctor for advice.

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Taking Green Juices by Enema

During a flare-up there is often a problem with taking the green juice. In many cases the body rebels against it and it comes right back up! Often this happens to the green juice taken after a meal, and the meal comes up along with the juice. The meal, however, is more important at this stage than the green juice, so it may be necessary to suspend the green juice *orally* during the flare-up. It can be taken another way - *in the enema*. So whatever amount of juice can't be taken orally, take it rectally, warmed to body temperature (DO NOT DILUTE), including the potassium.

Dilution of Hydrogen Peroxide(H_2O_2) in Enemas

Remember, ONLY buy food grade H_2O_2. DON'T buy the kind sold by chemist shops, as these contain stabilizers. (See page 34 for a suitable supplier.)

For Gerson patients who wish to use Hydrogen Peroxide internally (by drinking it or using it in an enema) it must first be diluted to ½%. If using the 6% H_2O_2 - dilute 11 parts distilled water to one part H_2O_2. A half to one ounce can be added to each enema. However, it will be impossible to hold the enema for the usual 12 minutes. This amount of H_2O_2 can be used for two to three weeks. Remember, though, that it can and does cause flare-ups, so be warned about probable healing reactions. Eventually, it also irritates the colon.

Avoid Disaster . . .

Remember to check that the enema tube is clamped shut before filling the enema bucket with coffee concentrate and distilled water. This will save a mopping up operation if the liquid seeps out of the open tube!

Why Organic Coffee?

It is just as important to use organic coffee as to use organic fruits and vegetables. If organic coffee is not used, any toxic material in the coffee such as pesticides, herbicides, fungicides or chemical fertilizers will be readily absorbed rectally directly into the blood system.

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

An Ancient Enema?

The following is an excerpt taken from "The Essene Gospel of Peace", translated from a 3rd Century Aramaic manuscript and Old Slavonic Texts by Edmond Bordeaux Szekely.

"Think not that it is sufficient that the angel of water embrace you outwards only. I tell you truly, the uncleanness within is greater by much than the uncleanness without. And he who cleanses himself without, but within remains unclean, is like to tombs that outwards are painted fair, but are within full of all manner of horrible uncleannesses and abominations. So I tell you truly, suffer the angel of water to baptise you also within, that you may become free from all your past sins, and that within likewise you may become as pure as the river's foam sporting in the sunlight.

Seek, therefore, a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the sun has warmed. Hang it upon the branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, that the water may flow through all your bowels. Afterwards rest kneeling on the ground before the angel of water and pray to the living God that he will forgive you all your past sins, and pray to the angel of water that he will free your body from every uncleanness and disease.

Then let the water run out from your body, that it may carry away from within it all the unclean and evil-smelling things of Satan. And you shall see with your eyes and smell with your nose all the abominations and uncleannesses which defiled the temple of your body; even all the sins which abode in your body, tormenting you with all manner of pains. I tell you truly, baptism with water frees you from all these. Renew your baptising with water on every day of your fast, till the day when you see that the water which flows out of you is as pure as the river's foam."

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

Not a Lot of People Know This . . .

The following is how intestinal cleansing was done as prescribed by great Yoga teachers over 2,000 years ago. The yogic enema was done without bucket and tube. The yogi squatted on his heels in water deep enough to reach the navel, and then admitted and expelled water by alternate dilation and contraction of the anal sphincter muscle.

Then there were the Himalayan yogis, who centuries ago swallowed long strips of cloth to enable putrefied matter in the gut to adhere to it and be eliminated along with the cloth.

Compared to this, we're in clover!

CAUTION: For those who have had chemotherapy treatment, please read Page 26 before taking any enemas

American/British/Metric Measures

American and British Spoon measures are the same.

1 tablespoon is 15 ml
1 teaspoon is 5 ml
½ teaspoon is 2.5 ml
¼ teaspoon is 1.25 ml

½ US quart is 16 fluid oz
1 US quart is 32 fluid oz

16 fluid oz is 450 ml
32 fluid oz is 900 ml

½ US quart is 450 ml
1 US quart is 900 ml

1 metric litre is 1¾ UK pints

The Gerson enema bucket uses fluid oz and millilitres (ml)

Glossary

1. **Coma hepaticum** - *poisoning of the liver, resulting in death.*
2. **Precordial** - *situated in front of, or about, the heart.*
3. **Endoscope** - *instrument for viewing internal parts of the body.*
4. **Palmitic Acid** - *non-volatile component of the coffee bean.*
5. **Glutathione S-transferase** - *a major and important detoxification system.*
6. **Ligand** - *any molecule capable of binding with a specific antibody.*
7. **Conjugation** - *combining.*
8. **Free Radicals** - *neutral groups of atoms with an unpaired electron, which makes most of them very reactive and unstable.*
9. **Catalyzes** - *acts as a catalyst by facilitating a chemical reaction, and which of itself undergoes no permanent change.*
10. **Sulphhydryl** - *a sulphur atom and a hydrogen atom which are attached to a molecule with a chemical, so it can be dragged out of the body.*
11. **Visceral nervous system** - *in the bowel, the structure generally concerned with absorbing, secreting, trapping and/or moving food, air, secretions and/or waste in its cavities, includes the epithelial (innermost layer, mucosal lining) tissue, connective tissue, muscle tissue and nerve tissue.*
12. **Choleretics** - *substances which stimulate the production of bile in the liver.*
13. **Malate** - *a salt of malic acid, found in apples.*
14. **Krebs Cycle** - *named after the man who first described it - a series of energy-yielding chemical reactions that occur in the mitochondria (the power-houses of the cell) in which energy is transferred to carrier molecules for subsequent liberation. Also called the citric acid cycle. It is the second, vital, stage of cellular respiration.*
15. **Mitochondria** - *membranous, oblong structure found in eucaryotic cells in which the inner membrane is convoluted like a maze. Energy for cell operations is generated here through a complex series of reactions between oxygen and products of digestion.*
16. **Adenosine triphosphate (ATP)** - *the universal energy-carrying molecule manufactured in all living cells as a means of capturising and storing energy.*
17. **Ion** - *electrically charged atom or groups of atoms.*

Addresses for UK Patients

6% Hydrogen Peroxide* can be obtained from:

Bernard Keating
Inbhear Natural Health
Dun Hallow
Rednadh Road
Augh Rlm
Co. Wicklow
Eire
Tel: 00353 402 36144

Enema equipment can be obtained from:

Mr Steve Richards
Old Swan House
High Street
Tingrith MK 17 9EN

Tel: 01525 875739

Jessop thermometer can be bought by mail order from:

Jessop Group Ltd
Scudamore Road
Leicester
LE3 1TZ

Tel. 0116 232 0432

Organic Coffee can be obtained from:

The Organic Tea & Coffee Company
170 Portobello Road
London W11 2EB

Tel: 020 7221 8137

Opening Times - Tuesday - Saturday 10.30am - 6pm

**See note on page 29 concerning dilution of hydrogen peroxide in enemas.*

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